

Verner
WEST

June 10-14,
2019

RAINBOW IN MY TUMMY

SPRING & SUMMER

WEEK TWO

	BREAKFAST	LUNCH	SNACK
MONDAY	Whole Wheat Biscuit *G Turkey Sausage Banana Milk <small>V: Boiled Egg</small>	Turkey Soft Taco on Whole Wheat Tortilla *G Lettuce and Tomato Corn on the Cob Mango Salsa Milk <small>V: Tempah Taco</small>	Trail Mix with Dried Cranberries and Sunflower Seeds Mandarin Oranges Water
TUESDAY	Whole Grain Waffles *G Strawberry Syrup Blueberries Milk	Sweet and Sour Chicken Brown Rice *G Edamame Pineapple Milk <small>V: Sweet and Sour Blackeyes</small>	Broccoli Trees with Greek Yogurt Dill Dip *D Whole Grain Soft Pretzel *G Water
WEDNESDAY	Whole Grain Biscuit *G Egg Patty Cantaloupe Milk	Tuna Triangles *D Whole Grain Bread *G Bok Choy Watermelon Milk <small>V: Boiled Egg</small>	Carrot Sticks Roots Hummus Whole Wheat Crackers *G Water <small>Infants: Tropical Fruit</small>
THURSDAY	Lemon Raspberry Muffin *G Strawberries Milk	Spinach Pesto Pasta Salad with Mozzarella Cheese *G *D Baked Eggplant Fries with Marinara Triple Berry Mix Milk	Ladybugs on a Boat: Apple Slices, Sunbutter, Dried Cranberries Water
FRIDAY	Whole Grain KIX Cereal Peaches Milk	Mixed Vegetable Frittata *D Lady Peas Whole Wheat Roll *G Cantaloupe Milk	Pumpkin Pie Yogurt *D Whole Grain Graham Crackers *G Water

*G = Gluten Free option provided

V = Vegetarian option provided

*D = Dairy Free option provided

Fruit and Veggie Color Groups: Red • Yellow/Orange • Blue/Purple • Green • White

Milk Served
1 year olds: Whole
2-5 year olds: 1%



Verner is an equal opportunity provider.